



If you're joining us for early sitting tomorrow, Saturday 4 June at 5:30 a.m., (and why wouldn't you be?), feel free to bring some breakfast to enjoy between the end of *soji* (brief temple cleaning) at about 7:35, and the next period of *zazen* (seated meditation) at 9:25 a.m. Alternatively, you can always wander around the 'hood, dropping in at Tartine, Thorough Bread, Peet's, Starbucks, Four Barrel etc., for espresso and a muffin. In any case, we'll be here...